

Self-care exercise: Positive thinking and nurturing hope

People who have optimism and hope believe good things can and will happen. They tend to think more positively and set goals for themselves. And they are more confident they can and will get through tough times and situations.



And research shows they're right!^{1,2,3}

While it's natural to feel down sometimes, people who generally think more positively tend to live healthier, longer lives with more quality of life. They also tend to have lower rates of depression, distress and pain. And if they have a health condition, they're more likely to manage it. Researchers believe this is because people who think more positively feel more positive, which in turn helps them feel less stressed. They also tend to take better care of themselves and lead healthier lifestyles.

To nurture your own positive thinking and hope, use this worksheet to remind yourself of the good in your life and in yourself.

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| 1 This makes me laugh:
_____ | 6 If I need help, I can:
_____ |
| 2 This helps me relax:
_____ | 7 I feel good when:
_____ |
| 3 My strengths include:
_____ | 8 I am grateful for:
_____ |
| 4 I achieved this goal:
_____ | 9 I look forward to:
_____ |
| 5 I overcame this tough time:
_____ | 10 A good memory is:
_____ |

Come back to your answers and this worksheet whenever you need a boost.

